



## Missouri Eat Smart Guidelines for Child Care Benefits of Being a Missouri Eat Smart Child Care

### What are the Missouri Eat Smart Guidelines (*Guidelines*) for Child Care?

- A set of nutrition recommendations for child care facilities that aim to enhance the food and nutrition environment in child care settings.
- They include recommendations for breakfast, lunch and dinner menus, snacks and environmental factors that relate to nutrition and meal delivery.
- They make menu recommendations based on the 2005 Dietary Guidelines for Americans.
- The *Guidelines* are for any facility responsible for the care of children, regardless of enrollment size and setting (in-home or center-based).

### Why should your child care adopt the Eat Smart Guidelines?

- To help prevent childhood obesity.
- You care about the health of the kids in your care.
- Parents care about the food their kids eat while away from home.
- Recognition—Facilities that meet the intermediate or advanced level of the *Guidelines* will receive:
  - A certificate and banner announcing their achievement as an “*Eat Smart Child Care*”
  - Menu templates that include the Eat Smart logo
  - A press release for the local paper announcing your achievement
  - A parent letter to let parents know what you are doing for their child’s health

Kids learn their food habits early and child care providers can make a difference!

### Steps to Become an Eat Smart Child Care

1. Review the *Guidelines* to determine what steps are needed to meet the level your facility is aiming for.
2. Submit an application packet. The packet needs to include:
  - A Missouri Eat Smart Guidelines application
  - At least one month of menus and the documentation to support the guideline level being applied for. See the Application Checklist at [www.dhss.mo.gov/EatSmartGuidelines/index.html](http://www.dhss.mo.gov/EatSmartGuidelines/index.html) to ensure you have included all the necessary information in your packet.
3. Complete an on-site evaluation. Because the *Guidelines* also make recommendations about the nutrition environment an on-site assessment is also needed to assess this. Once the application packet with supporting documentation is received, you will be contacted to arrange an on-site visit.

A how-to guide for meeting the Eat Smart Guidelines for Child Care can also be downloaded at [www.dhss.mo.gov/EatSmartGuidelines/index.html](http://www.dhss.mo.gov/EatSmartGuidelines/index.html)

For more information about the Missouri Eat Smart Guidelines for Child Care email [cacfp@dhss.mo.gov](mailto:cacfp@dhss.mo.gov) or call (573) 751-6269 or (toll free) 800-733-6251.





## Missouri Eat Smart Guidelines for Child Care Application

Please complete the following information. Include this form with your application packet.

Facility Name: \_\_\_\_\_

Facility Contact: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email (if available): \_\_\_\_\_

Address: \_\_\_\_\_

Enrollment: \_\_\_\_\_

Are you a: Center or Child Care Home

Level of Recognition applying for: Intermediate or Advanced

Does your facility use catered meals? Yes or No

Does your facility participate in the Child and Adult Care Food Program? Yes or No

**Please return completed application packet to:**  
Missouri Department of Health and Senior Services  
Bureau of Community Food and Nutrition Assistance  
PO Box 570  
Jefferson City, MO 65109

For questions about the Missouri Eat Smart Guidelines for Child Care call (573) 751-6269 or (toll-free) 800-733-6251 or email [CACFP@dhss.mo.gov](mailto:CACFP@dhss.mo.gov).

### For Office Use Only

Date application received:	Date site visit completed:
Date notification given:	Recognition level achieved:





## Missouri Eat Smart Guidelines for Child Care Application Checklist

Use the checklist below to help ensure you include all the information needed for a successful application for the intermediate or advanced level. Mark off each item as you add it to your application packet.

### Items to include in your Eat Smart Guidelines for Child Care Application Packet

- ☐ Eat Smart Guidelines for Child Care Application Form
- ☐ A copy of at least four weeks of your menus (as served) or your cycle menu (be sure to include any substitutions)
- ☐ A copy of the menu as it is displayed in your facility
- ☐ Recipes or food labels (including ingredient list) for foods used to meet the whole grain criteria
- ☐ The Nutrition Facts panel for cereals served on the menu turned in with application
- ☐ The Nutrition Facts panel for any processed, breaded meats served on the menu submitted (*Note: This is needed only if more processed, breaded meats are served than the guideline allows.*)
- ☐ The food label from low sugar syrups and jellies used
- ☐ The food label from any fruit juice served (to ensure it is 100% juice)
- ☐ A copy of any policies relating to nutrition or meal service—may include policies on foods brought from home, fundraising, staff responsibilities at meal times, etc.
- ☐ A copy of any materials provided to parents, such as a parent handbook that includes information about meal service or celebrations

### Additional Items Needed if Applying for Advanced Level Recognition

- ☐ Brief statement on:
  1. How your menus reflect the culture and ethnicity of the children in care (See Guideline P.2.A)
  2. How children have input on the food and menus served (See Guideline E.1.A)
- ☐ Name of nutrition curriculum used (See Guideline E.8.A)

### Helpful Hints

- ☐ Be sure to list the type of milk served (low-fat, skim, whole).
- ☐ Be sure to list any condiments served with foods, such as syrups, salad dressing, barbeque sauce, etc.
- ☐ Identify form of produce served (canned, fresh, dried or frozen)

